



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Wednesday March 18, 2020

Members, staff and friends of the BBJ Y,

Thank you for your continuing support. After much discussion about how we can best support the needs of the community, we feel it necessary to close the Y effective at noon today through March 29. As our medical professionals, our political leaders and members of the community recommend the practice of social distancing, we need to follow these recommendations to help flatten the curve of potential Coronavirus cases. We want to support good health in our staff, members, volunteers and community.

We recognize the need for activity and the help it provides in remaining healthy. To help us all stay active, we will provide opportunities for you to stay active at home. Our fitness staff will provide workout recommendations and even video clips to help you with exercise and activities for all fitness levels.

The Y will share the opportunity for members to access MOSSA online training for 60 days at no charge. MOSSA is a fitness "name-brand" that has trained seven of our staff to begin leading Strength Train Together classes very soon.

Social distancing does not require us to stay inside. So plan to get outside when weather permits to get fresh air and take a long walk, while maintaining six feet distance from others. Watch the Y website and social media for fitness tips and stay active! We can't wait for all of us to get together again at the Y.

Dave Nash
Executive Director/CEO
BARBARA B JORDAN YMCA